

Scar Massage

Patient Information

Upper Limb Unit, Wrightington Hospital.



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Scar massage

Scars are formed naturally when the body repairs itself after a wound. They are a mixture of blood vessels and fibrous tissue and can initially appear red, thickened and raised. Your scar will change over time, becoming flatter and softer, but may take 18 months to two years to fully mature. The appearance of your scar can be improved during this time by performing scar massage.

Scar massage helps to:

- Reduce scar redness and swelling.
- Improve scar circulation.
- Reduce scar sensitivity.
- Prevent the scar from sticking to underlying surfaces, ensuring all structures under the skin can move freely and glide over each other.

Performing scar massage

- Apply a thin layer of plain, non-perfumed hand cream (e.g. E45 cream) or natural oil (e.g. olive oil), over the scar area.
- Using your finger, massage the cream along the scar and surrounding areas using small circular movements.
- Press firmly along the scar as demonstrated by your therapist. The pressure applied by the finger should cause the nail to whiten slightly.
- Continue to massage for approximately three to five minutes.
- Repeat the massage process four to six times a day or as advised by your therapist.

If you experience any problems, please contact your therapist

Telephone: 01257 488272

Upper Limb Unit, Wrightington Hospital

Please use this space to write notes or reminders.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

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Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request.

For more information, please ask in the department/ward.

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